

TRANSFORMATIVE

GOAL SETTING WORKSHEET

Name: _____

The values that I live by: _____

Today's Date _____

THE DESTINATION:

The area I'm targeting success in is _____

My vision is _____

This matters to me because _____

This lets me express my highest values by _____

Achieving this means _____

Not achieving this would mean _____

Date - 5 years in the future _____

I know I'm being successful when I feel (internal) _____

do (behavior) _____

have (tangible result) _____

The overall impact on my life of having achieved this goal is _____

What's changed is (external and internal) _____

Date - 3 years in the future _____

I know I'm being successful when I feel (internal) _____

do (behavior) _____

have (tangible result) _____

The overall impact on my life of having achieved this goal is _____

What's changed is (external and internal) _____

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Date - 1 year in the future _____

I know I'm being successful when I feel (internal) _____

do (behavior) _____

have (tangible result) _____

The overall impact on my life of having achieved this goal is _____

What's changed is (external and internal) _____

The things that could get in my way are:

The things that can help me are:

Who do I need to BE in order to DO the things I need to, to get what I want to HAVE?

(What's the mindset shift I need to make?)

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THE PATH:

Daily habits + KPI's / Measurable steps

As Jack Canfield rightly says, if you do 5 things every single day that take you closer to your goals, you cannot help but hit them!

Specific, Measurable, Action oriented, Realistic, Time bound

Quarterly

Q1

Milestones _____

KPI's _____

Month 1:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps) _____

Weekly:

1) _____

2) _____

3) _____

4) _____

Daily habits:

1-7 _____

8-15 _____

16-23 _____

24-31 _____

The relationship between these daily steps and my long-term vision is _____

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Month 2:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps) _____

Weekly:

1) _____

2) _____

3) _____

4) _____

Daily habits:

1-7 _____

8-15 _____

16-23 _____

24-31 _____

The relationship between these daily steps and my long-term vision is _____

Month 3:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps) _____

Weekly:

1) _____

2) _____

3) _____

4) _____

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Daily habits:

1-7 _____

8-15 _____

16-23 _____

24-31 _____

The relationship between these daily steps and my long-term vision is _____

Q2

Milestones _____

KPI's _____

Month 1:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps) _____

The relationship between these steps and my long-term vision is _____

Month 2:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps) _____

The relationship between these steps and my long-term vision is _____

TRANSFORMATIVE

Month 3:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)

The relationship between these steps and my long-term vision is

Q3

Month 1:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)

The relationship between these steps and my long-term vision is

Month 2:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)

The relationship between these steps and my long-term vision is

Month 3:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)

The relationship between these steps and my long-term vision is

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Q4

Month 1:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)_____

The relationship between these steps and my long-term vision is_____

Month 2:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)_____

The relationship between these steps and my long-term vision is_____

Month 3:

Strategies (internal/thoughts/feelings/enlisting support / lifestyle changes/patterns and habits)

Tactics (specific steps)_____

The relationship between these steps and my long-term vision is_____
